



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11959, Arugula, raw

Report Date: July 04, 2017 19:26 EDT

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Refuse:40% Refuse Description: Roots, stems and yellowed leaves

Nutrient	Unit	1			1 leaf 2g	0.5 cup 10g
		Value Per 100 g	Data points	Std. Error		
Vitamin C, total ascorbic acid	mg	15.0	1	--	0.3	1.5
Thiamin	mg	0.044	2	--	0.001	0.004
Riboflavin	mg	0.086	2	--	0.002	0.009
Niacin	mg	0.305	2	--	0.006	0.030
Pantothenic acid	mg	0.437	2	--	0.009	0.044
Vitamin B-6	mg	0.073	2	--	0.001	0.007
Folate, total	µg	97	2	--	2	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	97	2	--	2	10
Folate, DFE	µg	97	--	--	2	10
Choline, total	mg	15.3	--	--	0.3	1.5
Betaine	mg	0.1	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	119	--	--	2	12
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1424	--	--	28	142
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2373	--	--	47	237
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	3555	--	--	71	356
Vitamin E (alpha-tocopherol)	mg	0.43	--	--	0.01	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	108.6	--	--	2.2	10.9
Lipids						
Fatty acids, total saturated	g	0.086	--	--	0.002	0.009
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 leaf 2g	0.5 cup 10g
		Value Per 100	Data points	Std. Error		
12:0	g	0.003	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.072	--	--	0.001	0.007
18:0	g	0.004	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.049	--	--	0.001	0.005
16:1 undifferentiated	g	0.001	--	--	0.000	0.000
18:1 undifferentiated	g	0.046	--	--	0.001	0.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.319	--	--	0.006	0.032
18:2 undifferentiated	g	0.130	--	--	0.003	0.013
18:3 undifferentiated	g	0.170	--	--	0.003	0.017
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.002	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Cyanidin ¹	mg	0.00	2	--	0.00	0.00
Flavones						
Apigenin ^{1 2}	mg	0.0	4	0	0.0	0.0
Luteolin ¹	mg	0.0	2	--	0.0	0.0
Flavonols						
Isorhamnetin ³	mg	4.3	3	0	0.1	0.4
Kaempferol ^{1 2 3}	mg	34.9	7	13.91	0.7	3.5

Nutrient	Unit	1	Data points	Std. Error	1 leaf	0.5 cup	10g
		Value Per100			g		
Quercetin 1 2 3	mg	7.9	7	1.99	0.2	0.8	

¹Arabbi, P. R., Genovese, M. I., and Lajolo, F. M. Flavonoids in vegetable foods commonly consumed in Brazil and estimated ingestion by the Brazilian population., 2004 J. Agric. Food Chem. 52 5 pp.1124-1131

²Huber, L. S., Hoffman-Ribani, R., and Rodriguez-Amaya, D. B. Quantitative variation in Brazilian vegetable sources of flavonols and flavones., 2009 Food Chemistry 113 pp.1278-1282

³Martínez-Sánchez, A., Gil-Izquierdo, A., Gil, M. I., and Ferreres, F. A comparative study of flavonoid compounds, vitamin C, and antioxidant properties of baby leaf Brassicaceae species., 2008 J. Agric. Food Chem. 56 pp.2330-2340